Concussions

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Approximately 75% of concussed athletes recover in 7-10 days, providing they follow all instructions specifically. One of the new areas of concussion management is called cognitive rest. Cognitive rest involves eliminating texting, video games and computer activities.

In many cases, athletes are held from school for a brief period of time. The evidence now shows, young athletes who fail to be compliant with cognitive rest requirements prolong their recovery and extend their loss of playing time by two to five times.

A safe concussion recovery is in part, dependent on the family and the athlete to comply with this important guideline. The athlete must be diligent and resist temptation to not use these devices when away from the family setting.

For more information visit [mercyweb.org/orthopedics\_sports\_medicine.aspx](http://mercyweb.org/orthopedics_sports_medicine.aspx) or call the Mercy Sports Medicine Hotline at 419-251-4000.